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Ex61Di

DIETARY STUDIES

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SCHEDULE 1

Ex 61D
U. S. Department of Agriculture,

OFFICE OF EXPERIMENT STATIONS.

DIETARY STUDIES.

Dietary study of family at—

No. _____, Street.

(City or town) _____

(State) _____

Name of head of family _____

P. O. Address: _____

Study began*, _____, 189 _____

Study continued _____ days.

Study ended*, _____, 189 _____

REF. No.	SEX.	NAME.	PLACE OF BIRTH.	AGE.	WEIGHT.	OCCUPATION.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

352920

RELATION TO THE
FAMILY.

INCOME.

REMARKS.

REF.
NO.

1

2

3

4

5

6

7

8

9

10

REF. NO.	SEX.	NAME.	PLACE OF BIRTH.	AGE.	WEIGHT.	OCCUPATION.
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

RELATION TO THE FAMILY.	INCOME.	REMARKS.	REF. NO.
			11
			12
			13
			14
			15
			16
			17
			18
			19
			20

How much rent do you pay, and for how many rooms?

Do you buy with cash or on credit?

Do you buy provisions by the day or week, or how?

Do you buy at the large markets?

How are your different meats cooked (baked, boiled, broiled, fried, etc.)?

[Answer to this question should be made under "Statistics of food," page 8, and "Remarks," page 20.]

Do the children drink milk, coffee, tea, or beer; if so, how often and how much?

Is the family in good health, and if not, what has been the illness of any member of the family?

Record on this page any other facts relative to the family which will aid in understanding their habits and conditions of living.

STATISTICS OF FOOD ON HAND OR PURCHASED DURING STUDY.

Kind.—The description should be as complete as possible, especially of different cuts of meat. Beverages, condiments, etc., should be included.

If there is not sufficient room additional notes can be made under "Remarks," pages 20-23.

Weights are best expressed in pounds and decimals of a pound. If weight is taken in ounces it is readily changed to hundredths of a pound by the following table:

1 oz. = .06 lb.	6 oz. = .38 lb.	11 oz. = .69 lb.
2 oz. = .13 lb.	7 oz. = .44 lb.	12 oz. = .75 lb.
3 oz. = .19 lb.	8 oz. = .50 lb.	13 oz. = .81 lb.
4 oz. = .25 lb.	9 oz. = .56 lb.	14 oz. = .88 lb.
5 oz. = .31 lb.	10 oz. = .63 lb.	15 oz. = .94 lb.

Thus 12 lbs. 13 oz. = 13.81 lbs.

Cost.—In the first column under cost, the total amount paid is to be recorded. The price per pound, dozen, quart, bushel, etc., as the case may be, should be entered in the last column.

DATE.	KIND.	WEIGHT.	COST.	TOTAL.	PER UNIT.
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RECORD OF MEALS EATEN.

If there are no absences indicate this by X. If anyone is absent indicate it by writing, under the proper meal, the reference number (see pages 2-5) of the absentee (B—Breakfast, D—Dinner, S—Supper).

DATE.	ABSENT.			VISITORS.			REMARKS.
	B.	D.	S.	No.	Age.	Sex.	

REMARKS.

REFUSE AND WASTE.

The words refuse and waste are used somewhat indiscriminately. In general, refuse in animal food represents inedible material, although bone, tendon, etc., which are classed as refuse, may be utilized for soup. The refuse of vegetable foods, such as parings, seeds, etc., includes not only inedible material, but also more or less of edible material. The waste includes the edible portion of the food, as pieces of meat, bread, etc., which might be saved but is actually thrown away with the refuse. It is desirable that refuse and waste be described as fully as practicable.

KIND OF FOOD.	WEIGHTS.		
	Food.	REFUSE.	WASTE.

STATISTICS (OF FOOD ON HAND) AT END OF DIETARY STUDY.

KIND.

WILHELM.

SUMMARY OF FOOD STATISTICS IN STUDY.

In making out the summary, the different foods should be classified as follows:

Animal foods.—Beef, veal, mutton, pork, poultry, fish, oysters, eggs, dairy products (milk, cheese, butter), etc.

Vegetable foods.—Flour, meal, starches, sugar, breads, vegetables, and fruits.

Beverages, condiments, etc.

KIND.	PURCHASED.			AT END.			USED.		
	Weight.	Cost.	Weight.	Weight.	Cost.	Weight.	Cost.	Weight.	Cost.



